

December 2017 Newsletter

Vice Mayor

Magdalena Carrasco

.....
East San José



Events

Annual Christmas Tree Giveaway

December 8th

3 p.m.-5 p.m.

Mexican Heritage Plaza

Fiesta Navidena

December 8th

5 p.m.-9 p.m.

Mexican Heritage Plaza

Our Lady of

Guadalupe Parish

Parroquia Nuestra

Senora de

Guadalupe

December 9th

5 pm-7 pm.

Santa Claus at

Mayfair Community

Center

December 9th

9 a.m.- 11 a.m.

Mayfair Community Center

Green Bike

Giveaway

December 13

6 p.m.-9 p.m.

Christmas in the Park

Santa Claus at

Hillview Library

Dear Neighbor,

This December we have a lot of action at City Council. On December 12th Bridge Housing will be on the Council Agenda not before 1:30 p.m. This week, Gensler Architectural Firm unveiled two design concepts for emergency sleeping cabins and two conceptual site designs for Bridge Housing Communities. You can view the concepts [here](#) and learn more about the issue.

In addition, my [memo](#) to develop a Women's Bill of Rights ordinance for the City of San Jose passed unanimously in September is set to come back on December 19th. To support these efforts, come out to testify.

This week I hosted a Domestic and Family Violence Response Roundtable with providers to hear how they believe we can address the increase of Domestic Violence cases in San Jose. I plan on spearheading a study session on Domestic and Family Violence early next year to develop clear policy and program goals for our City.

Last month my office kicked off a partnership with the Downtown Streets Team as a sponsor of the King and Story Road Gateway. Downtown Streets Team, a non-profit organization working to end homelessness through the restoration and rebuilding of lives. The Gateway Project aims to not only help beautify and take care of the San Jose environment, but also to end homelessness, one gateway at a time. While the Gateway Project aims to beautify the local community, it's also about sharing social responsibility in the fight to end homelessness. Downtown Streets Team strives to build partnerships with cities to beautify neighborhoods, creeks and downtown streets as well as with the homeless men and women who volunteer on these projects.

December 15
3 p.m.-5 p.m.
Hillview Library

Santa Claus at Alum
Rock Library
December 16
1 p.m.-4 p.m.
Alum Rock Library

Santa Run SV
December 17
1 p.m.-4 p.m.

Articles

[Create Memories, Not Debt](#)

[Fun Family Activities](#)

[Resources for the Holidays](#)

[Holiday Safety](#)

[Alum Rock Mural](#)

[Bridge Housing](#)

[Holiday Recycling Schedule](#)

Staff

Frances Herbert
Chief of Staff
(408) 535-4948
[Email Frances](#)

Omar Torres
Community Outreach
(408) 535-4943
[Email Omar](#)

Huascar Castro
Policy Aide
(408) 535-3841
[Email Huascar](#)

Teddy Adera
Policy Aide
(408) 535-4944
[Email Teddy](#)

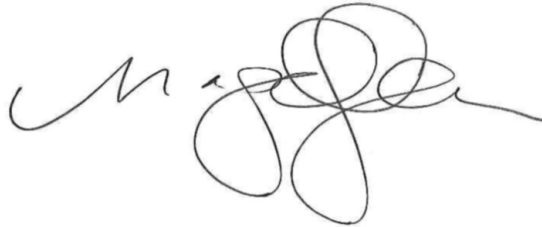
Sachin Radhakrishnan
Community Outreach
(408) 535-4847
[Email Sachin](#)

The team will be out at King and Story Road every week cleaning up garbage and dumping in the area. I look forward to see our men and women beautifying East San Jose while becoming financially independent. If this sponsorship is successful, I look forward to expanding it to other gateways.

I hope you and your family have joyful holidays filled with great memories.

If you have any questions on any of these events, please contact my office at 408-535-4905.

Many thanks,



Vice Mayor / Vicealcalde
Magdalena Carrasco

[Email Your Vice Mayor](#)

Bruce Huynh
Community Outreach
(408) 535-4847
[Email Bruce](#)

Kiara Arreola
Community Outreach
(408) 535-4905
[Email Kiara](#)

Bridge Housing Models

Bridge Housing Communities (Tiny Homes) have been hotly debated in our Council meetings and at community forums across our city in recent months.

The issue will return to City Council on Tuesday, December 12th. We will discuss the criteria for choosing the sites and staff will come back with responses to a memo along with Mayor Liccardo, and Councilmembers Jones, Peralez and Arenas authored on August 29, 2017.

The item will not be heard before 3 p.m. Please come to City Hall to attend the meeting if you would like to be heard on the item.





Breakfast with Santa

Mayfair Community Center

Santa is coming to town to have breakfast with you at Mayfair! Join us for this annual holiday tradition. Enjoy a pancake breakfast with scrambled eggs, bacon, juice and coffee. There will be crafts for the children, a visit with Santa, holiday music, and fun! Register in advance for \$7.00 per person by Friday, December 1! Registration will increase to \$10.00 after December 1. (Children under age 2 are free).

[Sign Up Today](#)



Breakfast with Santa

Enjoy a wonderful holiday breakfast and an early visit from Santa Claus! Feel free to invite family and friends to enjoy food, holiday music, arts & crafts, along with a special appearance by Santa Claus.

Breakfast includes scrambled eggs, sausage, and pancakes. Coffee and Orange juice will also be provided.

Saturday, December 9, 2017

9 AM- 11 AM

Activity Number: 210.2.2000 (Ages 2+)

Activity Number: 210.2.2001 (Ages under 2)

- Register at sjregistration.com or in person at any community center.
- \$7: Ages 2+ (Pre-registration by Dec 1st.)
- \$10: After Dec 1st
- Children under 2 years old are **FREE**
- Bring your camera to take a picture with Santa Claus (Printed photos will not be provided)

Santa Claus appearance: 9 AM

Space is limited. Only 150 spots available.

VISIT US AT: www.sanjoseca.gov/prns

f : www.facebook.com/MayfairCCSJ

Mayfair Community Center
2039 Kammerer Ave.
San Jose, CA 95116
(408) 794-1060



Alum Rock Library Holiday Events



SANTA VISITS THE ALUM ROCK LIBRARY

Come to meet Santa and take a family picture (*bring your camera!*). Enjoy holiday crafts, live music and hot chocolate, and walk away with a free book for children (*while supplies last*).

This FREE program is sponsored by the Friends of the Alum Rock Library and Vice Mayor Magdalena Carrasco's Office.

**SATURDAY,
DECEMBER 16**
1:00 - 4:00 p.m.

Dr. Roberto Cruz-Alum Rock
Branch library
3090 Alum Rock Ave.
San José, CA 95127
(408) 808-3090



To arrange an accommodation under the Americans with Disabilities Act for library-sponsored events, please call 408-808-3090 or 408-808-8083 (TTY) at least three business days prior to the



sjpl.org

#SJPL     /sanjoselibrary

Hillview Library Holiday Events



CELEBRATION WITH SANTA And Mrs. Claus too!

Join us for a fun meet & greet with Santa where you can:

- Get your picture taken with Santa and Mrs. Claus
- Create a holiday craft and receive a FREE Book
- Enjoy a delicious hot chocolate, pastry, and renter a gift card raffle courtesy of **Mi Pueblo**

Plus much more!

*All items available while supplies last

*Raffle recipient must be present to claim prize

FRIDAY, DECEMBER 15
3:00 - 5:00 p.m.

Hillview Branch Library | 1600 Hopkins Drive | San José, CA 95122 | (408) 808-3033

To arrange an accommodation under the Americans with Disabilities Act for library-sponsored events, please call 408-808-3033 at least three business days prior to the event.



sjpl.org

¡CELEBRACION CON SANTA Y La Señora Claus también!

Acompáñenos para un evento divertido donde tendrá la oportunidad de conocer a Santa Claus y podrá:

- Tomarse una foto con Santa y la Señora Claus
- Hacer una manualidad Navideña y Recibir un libro GRATIS
- Disfrutar una deliciosa bebida caliente, pan dulce y entrar a un sorteo de tarjeta de regalo cortesía de **Mi Pueblo**

¡Y mucho más!

*Mientras Duren las Reservas

*Se requiere estar presente para recibir premio

VIERNES, 15 DE DICIEMBRE
3:00 - 5:00 p.m.

Christmas Tree Giveaway

We are looking for some cheery volunteers to help our community get in the holiday spirit. On December 8th we will be providing families in need a Christmas Tree. We will need volunteers to help us load trees for families.

Our office is seeking all able bodies from 12 p.m.-7 p.m. on December 8th at the Mexican Heritage Plaza.

If you are looking for volunteers hours for your high school or just want to spread the joy, please contact Frances Herbert, at frances.herbert@sanjoseca.gov or call (408) 535-4948

For more information about the event, see flier below.



Vice Mayor Magdalena Carrasco Christmas Tree Giveaway

Friday, December 8th, from 3p-5pm

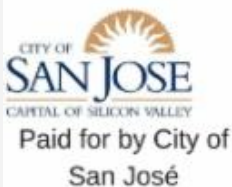
FIRST COME, FIRST SERVE!



**Mexican Heritage Plaza
1700 Alum Rock Avenue**

Twine or rope suggested
but NOT required

For additional information
please contact 1-408-535-4905



Paid for by City of
San José



Fiesta Navidena

The School of Arts and Culture's 7th annual holiday celebration "Fiesta Navideña" will be held on Friday, December 8th at 5PM. Join us for this FREE event for the whole familia! All students enrolled for the Fall classes will participate in a culminating recital and exhibition of their work. In addition, we will have special guest performances, vendors, children's activities, and tree lighting.

Fiesta Navideña

A NEIGHBORHOOD FAMILY CELEBRATION

Green Bike Giveaway

Make sure to mark your calendar for the Green Bike Giveaway and Passport Fun on Wednesday, December 13, 4:00 p.m. to 6:00 p.m. at the Christmas in the Park Community Stage.

ESD and GreenTeam will raffle 35 new bikes and safety helmets to children who pledge to take green actions during the holidays.

Registration starts at 4:00 p.m. and child must be present to win. While you wait, children can participate in ESD's Environmental Passport activity, visiting different stations to earn a stamp on their 'passport' card and earn a prize.

GREEN BIKE GIVEAWAY & PASSPORT FUN

Green Bike Giveaway presented by GreenTeam,
Passport Fun presented by City of San José

Enter to win a new child's bike and safety helmet, and take part in fun, green activities for kids!

WHERE: Christmas in the Park's Main Stage at Plaza de Cesar Chavez in downtown San José

WHEN: Wednesday, December 13, 2017

4:00-5:30 PM Register for the bike giveaway, plus visit green activity stations to earn passport stamps and prizes!

5:30-6:00 PM 35 winners will be announced

Visit Environmental Way at Christmas in the Park to learn how you can get on Santa's Good List!

Santa Run SV

The "Santa Run Silicon Valley" sponsored by Google is a 5K Run/Walk that is fun for the whole family. We also have a Kids Fun Run for the young ones from ages 2 to 7 years old that features dash distances and starts at 2:00 pm. Festivities kick off at 1:00 PM on Sunday, December 17 with the 5K run/walk starting at 3:00 pm. The "Santa Run Silicon Valley" was founded to contribute to the local programs of Christmas in the Park, Downtown Ice and Reading Partners.

We encourage you to dress up as your favorite holiday character or tradition; Santa, Mrs. Claus, the Grinch, reindeer, elves, dreidel, menorah, ornaments, tree, candlestick. The ideas are limitless. You can do it as a group too! Bring the whole family for a day of fun; looking at festive displays, community trees and watching live entertainment at Christmas in the Park. Or, warm up those legs before the run and skate at Downtown Ice under the lighted palm trees or warm up with some hot



chocolate. Either way, grandparents, parents and kids alike will all enjoy the timeless memories these great activities have to offer.

For more information click [HERE](#)

Alum Rock Mural

On November 4, 2017, a beautiful mural was unveiled at the corner of Alum Rock Avenue and White Road, gracing a wall that was plagued with graffiti. The opening ceremony brought a small, yet tight-knit crowd of community members, teachers, students, and artists to the street sidewalk, spilling out into the road. The group was very representative of East San Jose's diversity and commitment towards changing things in the community.

The mural itself features many images that have its roots from different parts of San Jose's cultural fabric. It was designed to reflect the past, present, and future of this great city. The process in which the mural was created is a testament to the community. The muralist, Carlos Rodriguez, worked with James Lick High School students to put their ideas from paper to canvas. It was not an easy effort to work with amateur artists, but their talent really shows in the artwork. The students put in over 400 hours of their time to complete the mural. Thousands of people have seen the mural since its unveiling and it feels right at home in the Alum Rock Village, welcoming all those to East San Jose.

A special thanks to the Alum Rock Village Action Committee, the City of San Jose Parks and Recreation Department, and Fred and Tony Ho who all came together to make this effort a very proud and successful one!



Christmas in the Park Tree

Come out and see our "Elf" Christmas in the Park District 5 Tree. The City Councilmembers had a friendly contest on the best decorated Christmas movie themed tree. While our office did not win, we sure had fun working on it!

[Christmas in the Park](#) runs from November 24-January 1



Free and Fun Family Holiday Activities

[Fantasy of Lights](#) - Los Gatos, December 2-30

[Christmas at Winchester Mystery House](#) - San Jose, December 9-25

[Children's Holiday Festival](#) - San Jose, December 2

[A Christmas Carol](#) - Northside Theater Company December 7-24

[Ice Skating](#) - San Jose

[Noon Year's Eve](#) - Children's Discovery Museum

Tips for Moderation this Holiday Season

Everything in moderation, including moderation, right? So often bandied about as the 'top tip' for surviving the holiday season, yet so rarely accompanied by useful advice on HOW exactly to 'moderate'.

If you're not already firmly in the habit of lifestyle eating, moderation and saying no can be very difficult at the best of times, let alone with the added pressure and temptation that the holiday season brings.

1. Choose your poison

Rather than eating everything that's on offer for the full month of December, choose one favourite Holiday treat and enjoy a portion of it. If you do this right and keep the rest of your nutrition on track, you can easily include some 'off plan' holiday goodness every day and not feel like you're missing out. As per usual, it's all down to the 80% on plan, 20% off plan balance.

2. No more 'all or nothing'

Following on from the first tip, take the 80/20 rule one day at a time. Generally, if you choose to have a full diet blow-out day because you're going to be "good" for the rest of the week, it will lead into two days, three days and then suddenly it's January and you're not only fallen off the wagon, it's rolled down a hill and you're struggling to regain enough motivation to chase it. In short, don't let an all or nothing mentality get the better of you - work on a sustainable daily balance.

3. Timing is everything

Stick to eating at planned meal times without snacking. The biggest diet-derailer during the Holidays is the omnipresent bowl of snacks both at home and at work. If there's something on offer that you're dying to try, save it up until your main meal, then decide if you still want it. By taking this approach, you're not depriving yourself, you're just creating a situation where it's easier to moderate. The more you practice delayed gratification, the easier it becomes - and Holidays aside, it's an incredibly effective moderation tool all year round.

4. Get substitute savvy

Most traditional Holiday foods can be tweaked to offer something that's still delicious but a lot healthier - cookies, cake, stuffing et al. The internet is chock-full of healthy Holiday season recipes and with the big wellness movement we've seen of late, the shops are filling up with savvier options too.

5. Evasion is easier than 'no'

Sometimes it feels like everyone is out to sabotage your efforts and during the holidays especially, it can be very difficult to say no. There's the guilt tripping ("But I cooked it especially!"), the special made-up holiday rules ("It's Christmas - you can't watch what you eat at Christmas!") and the relentless wearing down ("Oh go on, just a sliver!"). The very simple, very effective way to say no without offending is to compliment and then postpone. "It looks great/smells amazing/is my absolute favourite. I'm really full at moment but I'd love to have some later/take a piece home with me/get the recipe from you." Nine times out of ten, the 'later' is forgotten about and all awkward diet talk has been cleverly avoided.

6. Incentivise yourself

Forget New Year's Resolutions - it's NOW you need to incentive yourself, not after the holiday damage is done. Set yourself clear goals for the winter months, whether it's signing up for a race, preparing for a winter sports break, or pulling out that party season piece you've been dying to wear as soon as you 'have the figure for it', to keep you motivated and on track.

Surely THIS makes it worth sticking to just one mince pie a day?

http://www.huffingtonpost.co.uk/charli-cohen/christmas-diets_b_4333107.html

Families in Need - Resources for Christmas

You can donate toys for Christmas for low-income children at a variety of agencies.



**1381 S. FIRST STREET
[@alma]
SAN JOSE, CA
95110**

Please check our website for special Donation Station hours during our Food and Toy distribution weeks:
Monday, Nov 20 – Wednesday, Nov 22
Monday, Dec 18 – Friday, Dec 22

We Will Be Closed
Thursday, Nov 23 through Sunday, Nov 26
Saturday, Dec 23 through Tuesday, Dec 26

Donation Station Hours and Location
Our donation station is located at the rear of our facility and the regular hours are:
Monday – Thursday: 8:00AM – 5:00PM
Friday: 8:00AM – 4:00PM
Saturday: 9:00AM – 12:00PM

Bring Joy

<http://sacredheartcs.org/turkeysandtoys/>

Christmas Tree Safety

Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ❗ One quarter of home Christmas tree fires are caused by electrical problems.
- ❗ Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ❗ A heat source too close to the tree causes roughly **one in every four** of the fires.

Crear Memories, Not Debt

Gift giving is part of the holidays for many people, but so are the holiday parties, food, entertainment, and events. When all is said and done, costs for holiday fun can add up to a lot more than most people budget to spend. This is another opportunity for your family to re-write tradition - choose to participate in free / low-cost activities in your community, start buying non-perishable food early if you're the one cooking the main meal, visit consignment stores for trendy holiday attire that can be washed at home carefully rather than paying for dry cleaning, check online for discount tickets to attractions, and plan how to trade off child care or carpooling duties to save costs on babysitters and taxis. For more information on how to save money this holiday season, read [this](#).

Holiday Collection Schedule

2017 - 2018 Holiday Collection Schedule

If your usual garbage, recycling, and yard trimmings collection or street sweeping day falls on or after the Thanksgiving holiday, your collection and sweep day will be one day later during that week. During the weeks of December 24 and 31, collection will be one day later both weeks.

Junk Stops Here! Schedule a Free Junk Pickup

- Visit <http://www.sjenvironment.org/junkpickup> for more information.

Report Illegal Dumping

- Download the My San José app and track service requests. Available for free at the Apple App store, and Google Play.

Reduce Waste

- Give the gift of an experience - enjoy a sporting event or dinner at a local restaurant. Visit Christmas in the Park and stroll through the exhibits at Environmental Way for more ideas and environmental tips. This event opens November 25 at Plaza de Cesar Chavez.

We Rely on You to Recycle Right! Request a Recycling Guide in English, Spanish or Vietnamese. Go to www.sjenvironment.org/recycleright to view, print, or order a copy. Recycle Your Holiday Tree

Curbside collection of holiday trees will be on your regular collection day from December 26, 2017 to February 2, 2018. Remove stands, tinsel and decorations. Cut into 5-foot pieces. Set out by 6:00 a.m.

For Service

Contact your recycling, garbage, or yard trimmings collection company to report missed collections, service issues, replace damaged carts, or to change your cart size. Go to www.sjenvironment.org/lookup to find your service provider, collection and street sweeping day.
